

Pick a **better snack**™ &



# September Bingo

[www.idph.state.ia.us/pickabetersnack](http://www.idph.state.ia.us/pickabetersnack)

 walk	 zucchini	 balance	 banana	 carrots
 pick	 squeeze	 vacuum	 tomato	 walk
 radish	 step	 you choose	 pull	 cucumber
 cabbage	 bike	 pear	 100% fruit juice	 apple
 exercise in pool	 plum	 canned fruit	 walk	 peas

Printed with funds from the Iowa Nutrition Network and USDA's Food Stamp Program. To find out more about Iowa's Food Assistance Program call 1-877-937-3663 (1-877-YES FOOD). Food Assistance can help you buy nutritious foods for a better diet. These institutions are equal opportunity providers and employers.

Iowa Department of Elder Affairs  
Iowa Department of Public Health



This bingo activity encourages you to enjoy a variety of fruits and vegetables and physical activity. Complete the Pick a **better snack**™ & Act card by putting an "X" through the square of fruits, vegetables, or physical activity you have tried. A "BINGO" is completed when you have a line diagonally, horizontally or vertically.



## Variety Matters

Try different texture. Eat your favorite veggie in a different color such as purple potatoes. Keep trying new things – because *more matters*.

Go to [fruitsandveggiesmorematters.org](http://fruitsandveggiesmorematters.org) for more tips and ideas.



Iowa Nutrition Network  
PROMOTING HEALTHY LIFESTYLES

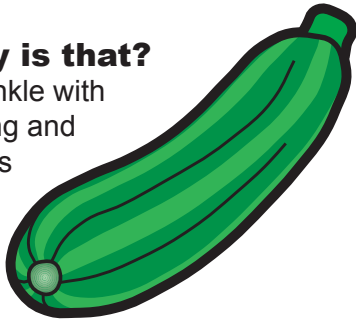
Coming next month...

- Grapes
- Apple
- Jicama
- Carrot

## ZUCCHINI

### Wash. Eat. How easy is that?

- Slice zucchini and sprinkle with low salt garlic seasoning and serve with tomato slices and baby carrots for a colorful plate.
- Take fresh spinach leaves and put cottage cheese and a slice of zucchini to make a tasty “wrap.”
- Spread salsa on a tortilla. Top the salsa with zucchini slices to make a “pizza.” Top with low-fat shredded cheddar cheese.



**Buying tips:** Choose firm, green, slender zucchini that does not have soft spots or wrinkled skin.

**Special tips:** To wash, rinse well with cold water.

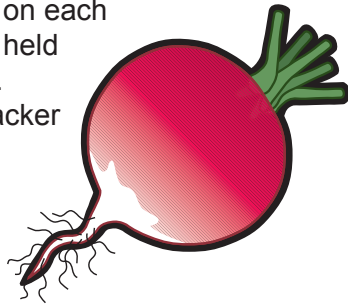
**Storing tips:** Store zucchini in the refrigerator and use within 1 week.

**Vegetable subgroup:** Other

## RADISH

### Wash. Eat. How easy is that?

- Slice radishes and place on each side of a cube of cheese held together with a toothpick.
- Put radish slices on a cracker with a slice of cucumber.
- Make a “bat and ball” plate with carrot sticks, radishes, and a low-fat dip “batters box.”



**Buying tips:** Choose smooth, crisp, well-formed radishes without black spots.

**Special tip:** To wash, scrub with a brush and cold water. Trim tops and bottoms and do not peel the radish.

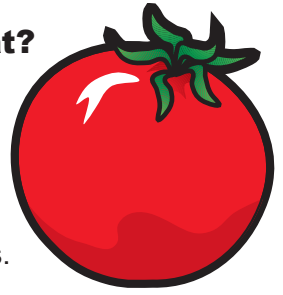
**Storing tips:** Radishes should be stored in the refrigerator and are best if used within 2 weeks.

**Vegetable subgroup:** Other

## TOMATO

### Wash. Eat. How easy is that?

- Slice tomatoes and top with Parmesan cheese and garlic powder.
- Take tomato slices and top with low-fat mozzarella and fresh basil. Microwave for 30 seconds.
- Hollow out a tomato and fill with cottage cheese and tuna to make a tomato “bowl.”



**Buying tips:** Choose plump tomatoes with little blemishes and have a strong tomato smell.

**Special tips:** To ripen, place tomatoes in indirect light or in a paper bag.

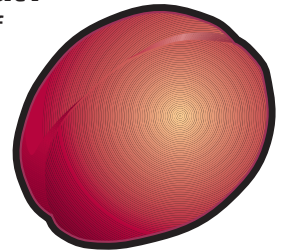
**Storing tips:** For optimum flavor, store at room temperature in indirect sun. Storing in the refrigerator may result in less flavor.

**Vegetable subgroup:** Other

## PLUM

### Wash. Eat. How easy is that?

- Slice plums on top of a piece of toast with peanut butter on top.
- Top low-fat vanilla pudding with plum pieces.
- Mix plum slices with peach slices and put in pita bread filled with leaf lettuce. Dip “sandwich” in low-fat honey mustard dressing.



**Buying tips:** Choose plump, slightly soft plums that do not have bruises or wrinkled skin.

**Special tips:** Ripen hard plums at room temperature, until they start to feel soft.

**Storing tips:** Store unripened plums at room temperature and ripened plums in a plastic bag in the refrigerator. Use within 3-4 days.



**MyPyramid.gov**  
STEPS TO A HEALTHIER YOU  
**www.MyPyramid.gov**

To maximize your potential, eat 1-2 cups of fruit and 1 ½ -2 ½ cups vegetables daily. Weekly include 1-3 cups dark green vegetables, 1-2 cups orange vegetables, and 1-3 cups legumes.

Visit [MyPyramid.gov](http://MyPyramid.gov) for more specific serving recommendations based on your calorie needs.



**Physical activity...  
It's everywhere  
you go.**

walk...dance...play...  
have fun...  
just be active!